

# HEADS UP ON TECH NECK

## Children

### ELECTRONIC DEVICE CHECKLIST Help Prevent Tech Neck in Children

Good posture, taking regular breaks to increase movement and stretch, along with these simple steps can help adults and students minimise tech neck caused by incorrect use of smartphones, tablets and computers.

- Ensure children sit comfortably with **upright posture** with relaxed shoulders and feet flat on the floor.
- Limit their screen time** by following government recommended screen times appropriate to their age.
- Stop them bending their neck** to look down at a device. Instead, devices should be held at eye level.
- Children should **use both hands** when holding a device and **alternate between left and right** hand when typing on a smartphone.
- They should not walk looking down** at a phone. Heads should be held up straight to engage with their world.
- Taking **regular movement breaks** is essential. Children should look away from a device, move their neck from side to side and stretch every 10 minutes if using mobile devices and every 30 minutes if using computers.
- Computers should be set up to be ergonomically correct** at a desk. The monitor or laptop screen should be at eye level with mouse and screen close to the body.
- They should use an **adjustable ergonomic office chair**, so their knees are slightly lower than their hips.
- Get them moving! **Regular exercise** helps maintain a healthy spine and overall health and wellbeing.
- Consult an ACA Chiropractor** to limit and treat spinal health problems including tech neck.



For more information, visit [spinalhealth.org.au](http://spinalhealth.org.au)



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